



DATE: Friday, August 19, 2022

FORMAT: Tropical Storm

STRENGTH Side

Focus:

L1	L2	L3	Exercise:	L1	L2	L3
5	10	12	Sprinter's Lunge (ea)	<10	12-20	25+
5	10	12	Renegade Row (ea)	----	On TC	On TC
5	8	8	SSLDL (ea)	<10	12-25	30+
10	12	12	DB Pullover/Crunch on TC	<15	20-30	35+
8	8	8	SuSu Jack on TC	----	+PU	+PU
5	8	8	TC Plank Combo (ea)	----	----	----
8	10	10	Woodchopper (ea)	<10	12-25	30+

HIIT Side

Focus:

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	Staggered KB Deadlift (ea)	<20	25-35	40+
2x	3x	4x	10:10 Alt. BR (ea)/Mtn. Climbers (ea)	----	----	----
10	15	15	SB Bent Over Row	Light	Heavy	Heavy
8	10	12	MYO Y Raise	----	----	----
10	12	15	MYO B2G Row	----	----	----
5	8	8	SMS (ea)	----	----	----
8	10	12	Alt. BR Jump Lunges (ea)	----	----	----

TC Bike Abbreviations

OOS – Out of Saddle

S – Seated

SP – Sprint

C – Climb

IC – Instructor's Choice

RPM Challenge SSP:

Level 1 >100

Level 2 > 110

Level 3 > 120

RPM Challenge OOS:

Level 1 >70

Level 2 > 75

Level 3 > 80

LMAO – Last Minute All Out

Time	Type	L1	L2	L3
7:00	IC			
	:30 Energy Points			
	Sprint Song	90 RPM	100 RPM+	110 RPM+
5:00	IC			
	:20 Watts Hold – 2x	130+	200+	250+
3:00	:30 Team RPM Challenge – 2x (1 OOS & 1 S)			

Traditional (All members start on bike first)		Revolution (Members split on circuit 1 st)	3C (Members distribute evenly on bike, HIIT & strength)	Circle (Bikes are placed in a circle around the room)
Doomsday	Earthquake	Flash Flood	Tropical Storm	Fireball
Crazy 8's	Apocalypse	Supernova	Tornado	Asteroid
Vortex	Typhoon			Cyclone (optional)
Hurricane	Monsoon			Twister (optional)
Blizzard	Heatwave			Supercell (optional)
Mudslide				